

How to Have A Good Breastmilk Supply

Congratulations on breastfeeding your baby. You are giving your baby the best start in life. Some women wonder if their babies are getting enough breastmilk. You can make enough of this perfect food for your baby. Start by trying these things:



Breastfeed your new baby right after birth. This helps your milk come in faster.

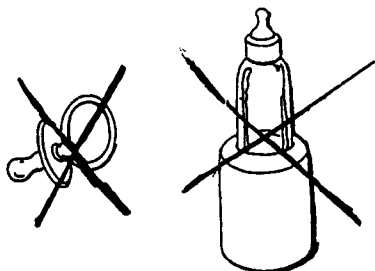
Breastfeed your new baby often. This should be at least 8-12 times a day.

Nurse as long as the baby wants. Try about 10 minutes or more on each breast. Longer feedings won't make you sore.



Hold your baby with his tummy against yours. Check to see that he is taking as much of the areola (the darker part behind the nipple) into his mouth as possible. Listen for swallows.

Try not to use bottles or pacifiers during the first few weeks. After a while, a bottle once in a while should not hurt your milk supply.



It is best to wait until your baby is about 2 to 3 weeks old, and has learned how to breastfeed, before giving any formula. Using a lot of formula will cause you to have less milk.



Giving your baby a bottle after nursing is not a good way to tell if your baby is getting enough to eat. Breastfed babies will often take a bottle after they nurse because they have strong sucking reflexes. This does not always mean they are still hungry.



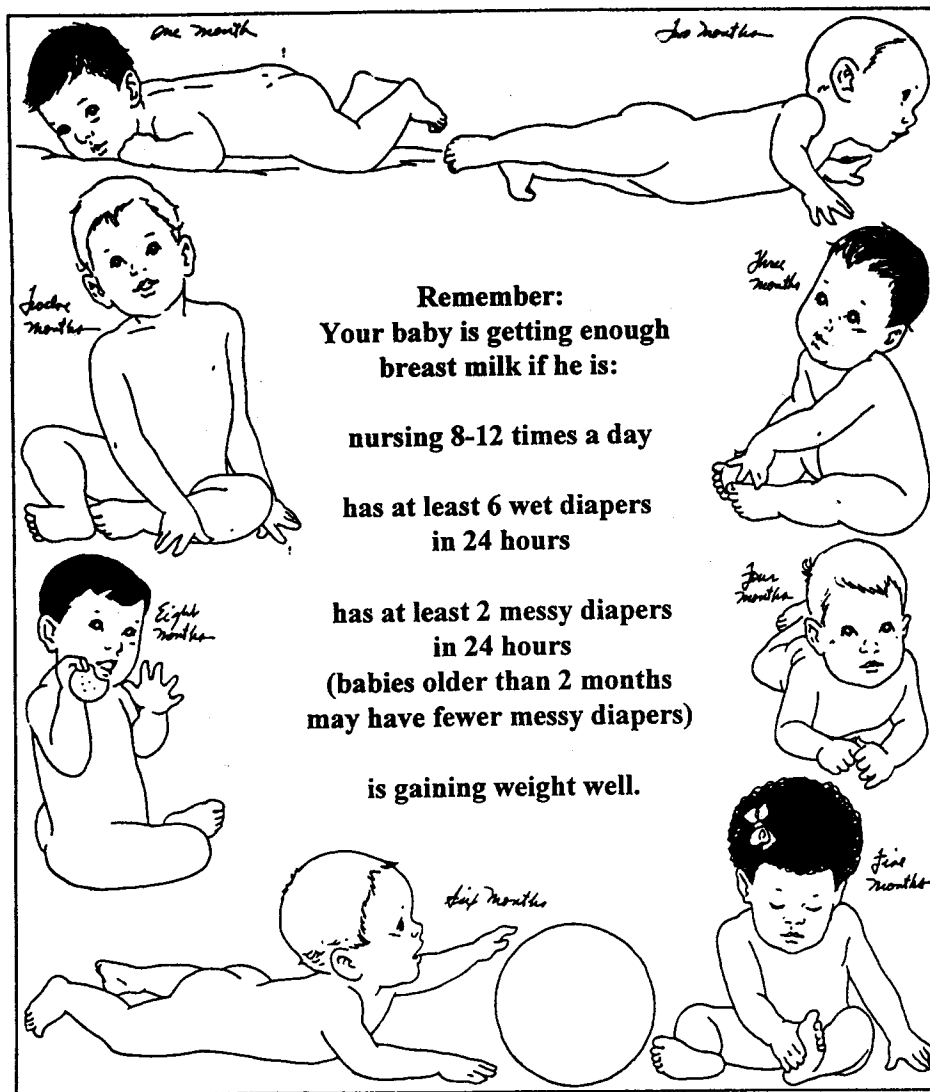
Breast milk is all your healthy baby needs for the first 4-6 months. Wait to add baby foods until after this time.

Pump or hand express your breastmilk when you are away from your baby. Don't let your breasts get too full.



Babies go through growth spurts and will want to nurse more often. This will only last a few days. Growth spurts can occur as often as every 2 weeks. Growth spurts usually happen at about 10 days, 2-3 weeks, 4-6 weeks, 2-3 months, and at 4-6 months.

At 2-4 weeks many mother's breasts naturally become smaller. This change is normal. This does not mean the mother is losing her milk supply.



If you have any questions about breastfeeding,

ask the nutritionist at your WIC clinic or call:

Adapted with permission from the Utah Department of Health, WIC Program.

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